

# SJFCHAMPIONS

## Our Healthy Minds Newsletter

Friday 15<sup>th</sup> July 2022 (Issue 1 2022/23)



*"I am proud to be a Champion because if someone feels sad and doesn't want to talk to the teacher about it then they can always come to us for help." Max Oadley (Y6)*

### Introduction

Over the past year, we have been working on different projects to help and support children around our school. Children, just like teachers and parents, experience lots of different emotions, so we are proud to say that we can recognise and name our feelings through the '**Zones of Regulation**' and it's working really well. It's helping children realise when they are ready to learn or need help to get them in their learning zone. Children use colours to let us know how their feeling:

- **Red** feeling really big emotions - angry, really upset or really scared.
- **Yellow** feeling excited, wriggly or worried.
- **Green** just right; where we want children to be; feeling calm, ready to learn, ok, happy in their thinking brain
- **Blue** - feeling slow, bored, poorly, sad, tired, switched off or in their own little world

We have also started to help children during playtimes. They can come to us if they are having tricky times with their friends or if they are feeling yellow, red or blue. You can recognise us by our great looking high viz jackets. Come and find us for a chat about what exactly we do!



### Buddy Bench

We have also chosen a winning design for our new buddy bench! A buddy bench is a place where children should sit on if they ever feel sad, upset, worried or perhaps just a little bit lonely. By sitting on this bench, it would help show us, the teachers and other children that you're in need of a friend or a 'buddy'. Thank you to everyone who entered the competition and submitted a design. They were all brilliant and we can't wait to see our new bench in the playground next year.

### Newsletter

Our school's healthy minds champions will share a newsletter each month for everyone in the school. Each newsletter will aim to have different themes. This edition is about the summer holidays and going back to school.

Next term may be strange for a lot of us—we might be going into a new classroom or we might even be going into a new school.

### Top Tips

We have included a few suggestions of how you, your school and family can help over the summer break and make things feel a little less scary! Think about your 'school routine. Here are some examples:

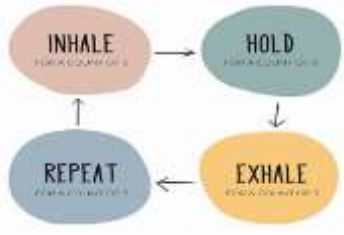
- practise packing your bag for school
- can you get up in time for school?
- why not try your uniform on and make sure it still fits
- maybe try having breakfast in your uniform
- maybe go for a walk and go past your school?
- the idea of doing these smaller activities means that when it comes to returning to school... these steps don't seem so big

### Ideas for looking after your wellbeing over the Summer

Mindfulness is about paying attention to everything—your thoughts, your senses and your surroundings. So what can we do? Have look on the next page to read some of our ideas!



## MINDFUL BREATHING



Try out these mindfulness activities below:

When we are doing these activities, we are trying to become nice and relaxed - think about when is a good time to relax and unwind. Using relaxation techniques can also help us to refocus on a task.

What do you notice happens to your body? Can you focus on any thoughts or feelings? Do you notice any smells?



### Our Joke of the Month!

**What do you call a goat with no ears?** Anything you want, it can't hear you!



### Our Films of the Month!

Lightyear | Rating: PG | Release Date: 17 June 2022



While spending years attempting to return home, marooned Space Ranger Buzz Lightyear encounters an army of ruthless robots commanded by Zurg who are attempting to steal his fuel source. Disney and Pixar's "Lightyear," an original feature film. The sci-fi action-adventure presents the definitive origin story of Buzz Lightyear—the hero who inspired the toy—introducing the legendary Space Ranger who would win generations of fans. Chris Evans lends his voice to Buzz.

Minions: The Rise of Gru | Rating: PG | Release Date: 1 July 2022

In the 1970s, young Gru tries to join a group of supervillains called the Vicious 6 after they oust their leader -- the legendary fighter Wild Knuckles. When the interview turns disastrous, Gru and his Minions go on the run with the Vicious 6 hot on their tails. Luckily, he finds an unlikely source for guidance -- Wild Knuckles himself -- and soon discovers that even bad guys need a little help from their friends. This is The untold story of one twelve-year-old's dream to become the world's greatest supervillain.



**We'll be back in September! See you then!**

